THE CLEVELAND PRESS
Cleveland, Ohio
October 27, 1960

Says Cigarets Cure Ulcers of Mouth

By JOHN TROAN, *Scripps-Howard Writer*

WASHINGTON — Cigaret smoking was hailed here as an apparent remedy for mouth ulcers.

This astounding treatment for so-called "canker sores"—which is likely to spark hot debate in medical circles—was described by Dr. Ralph Bookman of Beverly Hills, Calif.

These ulcers are similar to "cold sores" or "fever blisters." But instead of breaking out on the lips, canker sores erupt in the mouth or on the tongue.

They are tender and painful, sometimes making it hard for the victim to eat or talk. And they tend to recur.

In the official journal of the California Medical Assn., Dr. Bookman said he can't even guess how cigarets might work their medical magic for patients with aphtous stomatitis, as the condition is called.

But he cited four cases in which troublesome mouth ulcers were "dramatically relieved soon after" former cigaret users resumed smoking. Whether the same results could be expected in people who never smoked is unknown.

Tip From Patient

Dr. Bookman reported he stumbled onto this by accident.

The first tip came from a 58-year-old male patient. Several times in the past 18 years, he quit smoking. Each time, he developed mouth ulcers within a few days. Then he'd resume smoking and in 24 to 72 hours the ulcers would disappear.

When another patient described a similar experience, Dr. Bookman's interest flared in the possibility of prescribing cigaret smoking as a treatment for mouth sores.

Subsequently, a 53-year-old physician came to Dr. Bookman for advice. The problem: "Recurrent episodes of large, multiple, painful ulcerations" of the tongue and mouth.

Fillings Changed

These ulcers had been recurring for years, interfering with chewing and speech. "Every suggested form of medication" had failed. Replacing gold dental fillings with silver ones, on the hunch a metal alelrgy might be involved, was of no help.

Dr. Bookman told his physician friend, who hadn't smoked since 1930, to take up cigarets again. "Relief was immediate, dramatic and lasting," he said.

The doctor said "four or five cigarets a day" apparently do the trick. All brands, filtered or regular, seem to work the same.

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WORLD TELEGRAM & SUN
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(late edition)

Hints Cigaret Smoking Is Mouth Ulcer Cure

By JOHN TROAN,
Scripps-Howard Newspapers.

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This astounding treatment for so-called "canker sores"—which is likely to spark hot debate in medical circles—was described by Dr. Ralph Bookman of Beverly Hills, Calif.

These ulcers are similar to "cold sores" or "fever blisters" which break out on lips, but appear in the mouth or on the tongue.

In the official Journal of the California Medical Assn. Dr. Bookman said he can't even guess how cigarets might work their medical magic for patients with aphtous stomatitis, as the condition is called.

But he cited four cases in which troublesome mouth ulcers were "dramatically relieved soon after" ex-cigaret smokers resumed smoking. Whether the same results could be expected in people who never smoked is not known.

The first tip came from a 58-year-old man who cropped up with mouth ulcers every time he quit smoking. Then he'd resume smoking and in 24 to 72 hours the ulcers would disappear.

When another patient described a similar experience, Dr. Bookman prescribed cigaret smoking as a treatment for mouth sores in two other cases and the ulcers subsided, he said.

The doctor said "four or five cigarets a day" apparently do the trick. All brands, filtered or regular, seem to work the same.

Dr. Bookman conceded this isn't scientific proof, but he felt that it warrants the medical profession's attention.

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NEWSWEEK
November 7, 1960

SMOKING:

A 'Cure' for Ulcers?

His hay fever was drowning him, and now this middle-aged patient had come to Dr. Ralph Bookman in Beverly Hills, Calif., for advice. While chatting with the allergy specialist, he mentioned he had given up smoking cigarettes a few months earlier and had developed large ulcers on his tongue and inside his mouth. Then, by chance, he took up smoking again—and the ulcers disappeared. What did the doctor think?

Dr. Bookman was intrigued but puzzled. Now, after treating three more men suffering supposedly incurable mouth ulcers by suggesting they smoke, he is still puzzled. "I am not presenting this as a cure for mouth ulcers, just as an observation," he said of his report on the cases in the current journal of the California Medical Association. "I leave it to other doctors to find out if there is a relationship between the two things."

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NEW YORK POST
New York, New York
October 17, 1960

Cankers Fade When Victims Smoke Again

San Francisco, Oct 17 (AP)—A disorder which appeared in four patients after they stopped smoking cigarets vanished dramatically when they took up the habit again, says a medical journal.

These strange cases were reported by Dr. Ralph Bookman of Beverly Hills in an article in California Medicine, official journal of the California Medical Assn.

The disorder was canker sores in the mouth and on the tongue. They developed a few days after smoking was stopped.

Dr. Bookan said he discovered accidentally that the cankers had disappeared in two of the men who resumed cigaret smoking. When two others who had sworn off cigarets developed similar cankers Dr. Bookman recommended resumption of smoking. The sores disappeared also in these two, he asserted.

The physician said he couldn't explain the result.

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